

SOUTH DAKOTA CNA LEVEL 3 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Why might a resident with confusion be less likely to participate effectively in a bowel program?**
 - A. Lack of awareness of their bodily functions
 - B. Higher level of cognitive function
 - C. Increased independence
 - D. Ability to communicate effectively
- 2. What is the best position for a client receiving a back massage?**
 - A. Sitting upright
 - B. Supine
 - C. Prone
 - D. Lying on their side
- 3. When assisting a patient or resident with hygiene needs, what is essential?**
 - A. Help only if they ask for it
 - B. Assist whenever necessary
 - C. Limit assistance to three times a week
 - D. Only help with washing hands
- 4. Which snack is known to help induce sleep before bedtime?**
 - A. Chocolate chip cookies
 - B. Low-fat milk
 - C. Fresh fruit
 - D. Juice
- 5. After using a urinal, what should the person do?**
 - A. Use the bathroom again
 - B. Flush it immediately
 - C. Use the call light
 - D. Place it on the floor
- 6. A black and tarry stool may indicate what condition?**
 - A. Constipation
 - B. Hemorrhoids
 - C. Bleeding in the stomach or intestine
 - D. Food intolerance

- 7. Which intervention is appropriate when observing a client coughing and gagging while eating?**
- A. Ignore it as a normal occurrence
 - B. Encourage the client to eat quickly
 - C. Report the client's coughing and gagging with eating
 - D. Provide additional food or drink immediately
- 8. What could hematuria (blood in urine) potentially indicate?**
- A. Dehydration
 - B. Kidney disease, urinary tract infection, trauma
 - C. High blood pressure
 - D. Liver failure
- 9. Which of the following substances is measured as intake?**
- A. Alcohol
 - B. Water
 - C. Medications
 - D. All of the above
- 10. True or False: Some laxatives can cause potentially life-threatening imbalances with prolonged use.**
- A. True
 - B. False
 - C. N/A
 - D. Only with certain types

Answers

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1. A
2. C
3. B
4. B
5. C
6. C
7. C
8. B
9. B
10. A

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Explanations

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1. Why might a resident with confusion be less likely to participate effectively in a bowel program?

- A. Lack of awareness of their bodily functions**
- B. Higher level of cognitive function
- C. Increased independence
- D. Ability to communicate effectively

Residents with confusion may struggle to participate effectively in a bowel program due to a lack of awareness of their bodily functions. This diminished awareness can result from cognitive impairments associated with confusion, such as difficulty recognizing bodily signals or understanding the importance of the bowel program. Such residents may not recognize the sensations that indicate the need to have a bowel movement or may not remember the steps that are necessary to participate in the program, such as adhering to a schedule or using the appropriate techniques. In contrast, higher levels of cognitive function, increased independence, and the ability to communicate effectively would contribute positively to engaging in a bowel program, as they would allow the resident to understand their bodily cues and follow through with the program effectively.

2. What is the best position for a client receiving a back massage?

- A. Sitting upright
- B. Supine
- C. Prone**
- D. Lying on their side

The best position for a client receiving a back massage is lying in a prone position. This position allows the caregiver to access the muscles in the back more effectively, promoting relaxation and facilitating a deeper massage. When the client is prone, the weight of their body is distributed evenly, which can help alleviate tension in the back and shoulders. Additionally, this position provides a comfortable and supportive way for the client to receive a massage without straining their neck or back. Lying on the back or in a seated position may limit access to the areas typically targeted during a back massage, while lying on the side could impact the effectiveness of the massage techniques that are best performed with the client facing downward.

3. When assisting a patient or resident with hygiene needs, what is essential?

- A. Help only if they ask for it
- B. Assist whenever necessary**
- C. Limit assistance to three times a week
- D. Only help with washing hands

Assisting a patient or resident with hygiene needs is essential for their overall health and well-being. Providing assistance whenever necessary ensures that individuals maintain proper hygiene, which is crucial in preventing infections and promoting comfort. Hygiene needs can vary widely from person to person, and some may require more frequent support due to physical limitations, cognitive impairments, or general preferences. Offering assistance as needed reflects a person-centered approach, recognizing the dignity and autonomy of the individual while ensuring that they receive the necessary care to feel clean and comfortable. This approach also reinforces the importance of routine hygiene practices and helps to foster a sense of independence and self-esteem in patients or residents. Options suggesting limited involvement, such as helping only when asked, restricting assistance to infrequent occasions, or providing help only with handwashing, overlook the need for proactive and responsive care tailored to the individual needs of each person. By being attentive and willing to assist any time hygiene help is required, caregivers can play a vital role in supporting the health and dignity of those in their care.

4. Which snack is known to help induce sleep before bedtime?

- A. Chocolate chip cookies
- B. Low-fat milk**
- C. Fresh fruit
- D. Juice

Low-fat milk is known to help induce sleep before bedtime due to its high content of certain nutrients that are beneficial for relaxation and sleep. One key component is tryptophan, an amino acid that is a precursor to serotonin and melatonin, hormones that regulate sleep cycles. Consuming low-fat milk can provide these amino acids as well as an overall calming effect, associated with its association with traditional nighttime routines. Additionally, calcium, which is abundant in low-fat milk, plays a role in the body's ability to metabolize sleep-inducing compounds like melatonin. Drinking low-fat milk before bed can not only help regulate sleep patterns but also promote a feeling of fullness, reducing the likelihood of hunger disrupting sleep. In contrast, chocolate chip cookies tend to be high in sugar and fat, which can lead to spikes in energy rather than promoting sleep. Fresh fruit, while healthy, can also contain sugar and is generally more stimulating than calming when it comes to preparing for sleep. Juice, depending on its type, can also be high in sugar content which might lead to energy rather than relaxation.

5. After using a urinal, what should the person do?

- A. Use the bathroom again
- B. Flush it immediately
- C. Use the call light**
- D. Place it on the floor

The appropriate course of action after using a urinal is to use the call light for assistance. This ensures that a qualified caregiver can address any necessary follow-up care, including proper disposal and cleanliness. Using the call light communicates the need for help, which is particularly important in a healthcare setting where staff may assist in maintaining hygiene and safety standards. Flushing a urinal immediately might seem like a logical choice, but it depends on the facility's protocols. Similarly, using the bathroom again may not be necessary, and placing the urinal on the floor poses a risk for spills and contamination, which is not safe or sanitary. Proper procedure emphasizes notifying staff rather than attempting to manage the item independently after use.

6. A black and tarry stool may indicate what condition?

- A. Constipation
- B. Hemorrhoids
- C. Bleeding in the stomach or intestine**
- D. Food intolerance

A black and tarry stool is indicative of gastrointestinal bleeding, specifically from the upper part of the digestive system, such as the stomach or the small intestine. This condition, known as melena, occurs when blood is digested as it passes through the intestines, resulting in a black coloration and a tarry consistency. It can be a sign of various underlying issues, such as peptic ulcers, gastritis, or esophageal varices, all of which require prompt medical attention. The other conditions mentioned do not produce the specific characteristics of black and tarry stools; for example, constipation typically results in hard, difficult-to-pass stools, while hemorrhoids can cause bright red blood but not the black, tarry appearance. Food intolerance may lead to different digestive symptoms, but it would not produce melena. Recognizing the significance of stool color and consistency is crucial for determining potential health issues and guiding appropriate medical responses.

7. Which intervention is appropriate when observing a client coughing and gagging while eating?

- A. Ignore it as a normal occurrence
- B. Encourage the client to eat quickly
- C. Report the client's coughing and gagging with eating**
- D. Provide additional food or drink immediately

When a client is observed coughing and gagging while eating, it is crucial to report the incident. Coughing and gagging can indicate potential issues such as choking, aspiration, or swallowing difficulties. These symptoms can lead to serious complications, including pneumonia or even asphyxiation if not addressed promptly. By reporting this behavior, you ensure that the appropriate healthcare professional can assess the situation and provide necessary interventions. This may involve evaluating the client for dysphagia (difficulty swallowing) or adjusting their diet to make it safer for them. Reporting also contributes to the overall monitoring of the client's health and safety, which is a key responsibility of a certified nursing assistant. Ignoring the occurrence or encouraging the client to eat quickly could put them at increased risk of choking or further health complications. Providing additional food or drink immediately without assessment might also exacerbate the situation, as it could lead to more coughing or choking. Thus, proper reporting is crucial for the well-being of the client.

8. What could hematuria (blood in urine) potentially indicate?

- A. Dehydration
- B. Kidney disease, urinary tract infection, trauma**
- C. High blood pressure
- D. Liver failure

Hematuria, or the presence of blood in urine, can be a significant indicator of various medical conditions, particularly those affecting the urinary system and kidneys. The presence of blood can suggest a range of issues such as kidney disease, urinary tract infections, or trauma to the urinary tract. In cases of kidney disease, conditions such as glomerulonephritis can lead to inflammation and damage in the kidneys, resulting in blood appearing in the urine. Urinary tract infections (UTIs) can also cause irritation and inflammation of the urinary tract, leading to hematuria as well. Furthermore, any trauma to the kidneys or bladder, whether from an external injury or a surgical procedure, can also lead to blood in the urine. Recognizing hematuria as a potential sign of these serious conditions is crucial for timely diagnosis and treatment, emphasizing the need for healthcare professionals to investigate the underlying causes thoroughly. While dehydration, high blood pressure, and liver failure might be associated with various other symptoms and conditions, they are not directly linked to hematuria in the same context. Thus, the option that encompasses more relevant and immediate medical concerns regarding hematuria is the one focusing on kidney disease, urinary tract infection, and trauma.

9. Which of the following substances is measured as intake?

- A. Alcohol
- B. Water**
- C. Medications
- D. All of the above

In the context of measuring intake, water is typically the primary substance tracked, as it is essential for hydration and overall bodily functions. Monitoring water intake helps ensure that individuals, especially those in healthcare settings, maintain proper hydration levels. While alcohol and medications might be important to consider in overall patient care and wellness, they are usually not classified under standard intake measurements in the same way as water. Alcohol is often monitored separately due to its effects on the body and potential concerns regarding substance use. Similarly, medications are usually documented in different contexts, focusing on administration and dosage rather than as a fluid intake. Thus, water stands out as the most critical substance measured as intake, aligning with standard practices in health monitoring and patient care.

10. True or False: Some laxatives can cause potentially life-threatening imbalances with prolonged use.

- A. True**
- B. False
- C. N/A
- D. Only with certain types

Prolonged use of certain laxatives can indeed lead to potentially life-threatening imbalances in the body, particularly electrolyte imbalances. This is due to the way some laxatives function, as they can cause the body to lose important minerals like potassium and sodium. Electrolytes are crucial for various bodily functions, including maintaining proper heart rhythm and muscle function. When these levels become imbalanced, it can lead to serious health issues such as cardiac arrhythmias or even organ failure in extreme cases. Additionally, overuse of laxatives can lead to dependence, where the body can no longer regulate bowel movements on its own, creating a cycle of increased laxative use and greater risk of complications. Thus, the statement reflects an important consideration in the safe use of laxatives, making it true that some can cause potentially life-threatening imbalances with prolonged use.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://sdcnalevel3.examzify.com>

We wish you the very best on your exam journey. You've got this!

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